

WHAT IS CLAIMED IS:

1. A grip of an exercise device, comprising a main body and a grip tape spirally wound around said main body to form a plurality of adjoining segments along the axial direction of said main body; wherein said grip tape has at least one three-dimensional stripe formed by a heat pressure method such that said stripe is located on at least two segments contiguous to each other.

2. The grip as defined in claim 1, wherein said main body is formed of a rod member and a shock-absorbing sleeve which is made of a rubber material and is fitted over said rod member, said grip tape being wound on said shock-absorbing sleeve.

3. The grip as defined in claim 1, wherein said grip tape is wound on said main body such that one side edge thereof is continuously stacked on other side edge thereof, so as to enhance the winding tightness and the fastening degree of said tape and said shock-absorbing sleeve.

4. The grip as defined in claim 3, wherein two side edges of said grip tape are smaller in thickness than a midsegment of said grip tape, thereby enabling one side edge to be flatly stacked on other side edge.

5. The grip as defined in claim 3, wherein said three-dimensional stripes reach said the stacked side edge and adhere to said stacked side edge by heat and pressure.

6. The grip as defined in claim 1, wherein said three-dimensional

stripe is extended along the axial direction of said main body to locate on at least two adjoining segments.

7. The grip as defined in claim 1, wherein said grip tape has a plurality of three-dimensional stripes.

8. The grip as defined in claim 1, wherein said grip tape has three three-dimensional stripes formed by the heat pressure method such that each of said stripes is extended along the axial direction of said main body to locate on all segments.